

## WHAT IS CLAIMED IS:

1. An exercise treadmill comprising:

5 a base frame for supporting on a floor, said base frame having a front side, a rear side, and left and right sides each having a first guiding slot and a second guiding slot, said first guiding slot having an upper section substantially extending vertically and a lower section backwardly extended from a bottom side of said upper section, said second guiding slot substantially extending vertically and disposed behind the upper section of the first guiding slot;

10 a treadmill frame pivotally movably mounted on said base frame, said treadmill frame having a shaft transversely pivotally fastened to a front side thereof, two locating rods symmetrically disposed at two opposite lateral sides thereof and respectively coupled to and movable along the second guiding slots of said base frame, and two coupling members respectively provided at two distal ends of said shaft and  
15 engaged with the first guiding slots of said base frame and movable along the first guiding slots of said base frame upon rotary motion of said shaft; and

a lifting device mounted in said treadmill frame, said lifting device having a motor, and a transmission mechanism coupled between said motor and the shaft of said treadmill frame for rotating said shaft and said coupling members upon operation of  
20 said motor for enabling the front side of said treadmill frame to be lifted upon movement of said coupling members in the upper sections of the first guiding slots of said base frame, and for enabling a rear side of said treadmill frame to be lifted and turned about said locating rods during operation of said motor while said coupling members is moved to the lower sections of the first guiding slots of said base frame.

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2. The exercise treadmill as claimed in claim 1, wherein said transmission mechanism comprises a screw rod rotatably connected to said motor, a sliding block threaded onto said screw rod and movable along said screw rod upon rotary motion of said screw rod, and a chain coupled between said shaft and said sliding block for  
5 rotating said shaft upon movement of said sliding block along said screw rod.

3. The exercise treadmill as claimed in claim 1, wherein said coupling members are chain wheels respectively meshed with a respective chain disposed in the first guiding slot of said base frame.  
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4. The exercise treadmill as claimed in claim 1, wherein said coupling members are gears respectively meshed with a respective rack disposed in the first guiding slot of said base frame.

15 5. The exercise treadmill as claimed in claim 1, wherein said coupling members are ratchet wheels respectively meshed with a respective toothed means disposed in the first guiding slot of said base frame.

6. The exercise treadmill as claimed in claim 1, further comprising a plurality  
20 of spring members coupled between said base frame and said treadmill frame for imparting an upward push force to said treadmill frame.